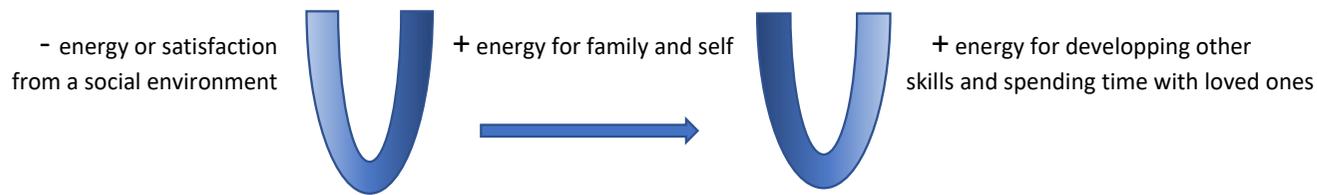
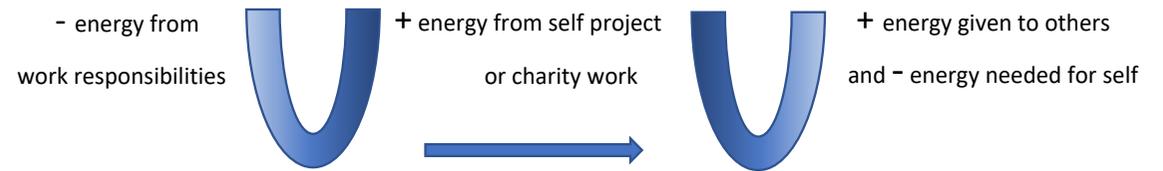
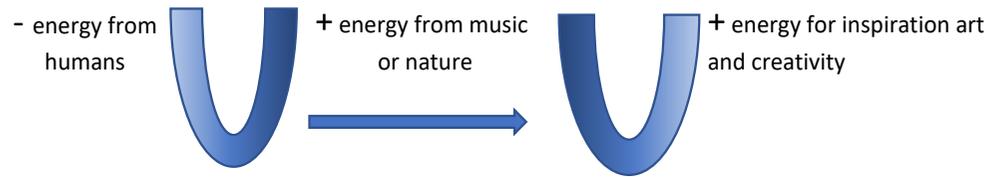


COMPOSING YOUR LIFE WITH ENERGY TYPES AND ACTIVITIES, AS A PIECE OF MUSIC

Equilibrium or balance of energies can be attained by balancing energy from one activity to another as a replacement

i.e. If you have less access to human contact for a while, you can maintain balance of energy by increasing the energy gotten from music or nature

This will generate in turn involvement in other activities, which would not have occurred otherwise, the whole creating an energy system in communicating vessels



BALANCE CAN BE MAINTAINED BY TRANSFERRING ENERGY FROM ACTIVITIES TO ACTIVITIES WITHOUT LOSS, SINCE ONE IS THE TRUE COMPOSER OF ONES LIFE OR JUST AS IF YOUR ARE READING THE MENU IN THE RESTAURANT AND YOU ARE PICKING THE DISHES TO YOUR TASTE